



# Red delicious well-being

## What red produce can do for you!

If an apple a day keeps the doctor away, couldn't other red produce like cherries, tomatoes and bell peppers do the same? It seems so. Red fruits and vegetables have powerful nutrients that may help with everything from allergies to sleep. They may even help support your memory and mood. So that means that your favorite homemade salsa, spaghetti sauce and the "T" in your BLT might help you paint a rosy picture of health. Read this [article](#).

## Recipe: A red-hot dessert

Finally! A delicious desert that doesn't have it all – fat, cholesterol and a lot of calories, that is! Enjoy this [Pear, Apple, and Cranberry Tart recipe](#) made with some of America's most popular red fruits – cranberries and apples! Log in to Healthy Lifestyles and find it in the Recipe section of the Resources and Tools tab.

## True Colors Tip: Add some red to breakfast

Make a power breakfast by adding a slice of tomato to a piece of whole-grain toast with a scrambled egg and a little low-fat cheese.

## Track your servings three times a week.

Log in to Healthy Lifestyles at [anthem.com](#) and use your servings tracker under the **My Well-Being Plan** tab.

## To refrigerate or not

Did you know tomatoes taste best if not refrigerated? Only refrigerate them if you can't use them before they spoil. To learn more tips on your favorite red fruits and veggies, click the button below.

Produce chart →



## Track your servings →

- Eat at least 2 cups of fruit and 2 ½ cups of vegetables every day.
- Drink 6 cups of water every day.
- Record everything on your servings tracker at least three days each week.



## Watch and learn →

Have you ever wondered how to sneak some veggies into your family meals? Search for "Healthy Eating Tips: How to Sneak Veggies into Family Meals" in the Healthy Lifestyles Resource Center to see the video.



## Share with others. →

How are you adding more fruits and vegetables to your meals and snacks every day? Share your tips with others on the True Colors chatter board.

## Remember:

All forms of fruits and vegetables count – fresh, frozen, canned, dried and 100% juice.

Talk with your doctor before starting this or any other fitness, nutrition and weight management program to find out if it is right for your needs.

Source:  
• United Press International – [upi.com](#)

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